

## Canadian Baton Twirling Federation La Fédération Canadienne De Báton Sportif

## **FORWARD MOTION**

<b>Athl</b>	ete:			_	
LEVEL II					
BODY TECHNIQUE	Posture Head Shoulders Hips Knees Ankles Feet  Turn-out from the hip	Balance Stretch / Placement of Arms Hands Feet Legs  Use of Demi Plié Use of Ball of Foot	of:		Excellent Very Good Good Needs Improvement
BATON & BODY CO-ORDINATION	Timing of Baton and Body Position of Body in relation to Baton Smoothness, Flow, Clarity				Excellent Very Good Good Needs Improvement
TIMING / RHYTHM	IN RELATION TO MARCH MUSIC: In Step In Time but on the incorrect foot Phasing Too Fast, Too Slow				Excellent Very Good Good Needs Improvement
PERFORMANCE SKILLS	Eye Contact Confidence Facial Expressions Appearance, Grooming, Footwear, Baton				Excellent Very Good Good Needs Improvement
GENERAL MECHANICS	Starting Position / Ending Position Start Pose / End Pose Angle of Performance Order of elements, Missed elements Thumb to tip (right hand holding ball)				
				RADE	LETTER GRADE
			RED BLUE WHITE GREEN	→ A → B → C → D	
CLERK	JUDGE				